

Hartford Elementary



September 2011 - Volume 10: Issue 1



Welcome to Hartford Elementary!

We're so glad to have you with us this year on this journey with your children! In this issue you will find important information about our school and events.

As principal of Hartford Elementary, I'd like to take this time to welcome you to our school community. We are off to a great start! I enjoy seeing the happy and excited faces come through the doors each morning!

A few things you'll find inside our newsletter:

- 🌀 Upcoming events
- 🌀 Homecoming
- 🌀 Trojan Reading Bowl
- 🌀 Tyler Tuesdays
- 🌀 PBIS Rainbow
- 🌀 Bike Rodeo
- 🌀 Safe Routes to School
- 🌀 Drop off/pick up places
- 🌀 Junior Achievement Bowl-a-thon
- 🌀 New Staff
- 🌀 Counselor's Corner
- 🌀 Love & Logic
- 🌀 Reflection
- 🌀 Nurse Notes
- 🌀 Counselor's Corner
- 🌀 Parent Opportunities



September Events:

- Monday, September 5 - No School
- Monday, September 12 - Trojan Reading Bowl @ 7:00 pm - High School Football Field
- Tuesday, September 13 - Lifetouch School Pictures
- Tuesday, September 13 - Tyler Tuesday for all August and September birthdays
- Tuesday, September 13 - Second Grade Fundraiser items due
- Wednesday, September 14 - Early Dismissal @ 1:30
- Thursday, September 15 - Early Childhood Screenings @ St. George's Parish
- Tuesday, September 20 - Bookmobile
- Friday, September 23 - Kdg Field Trip to the Apple Orchard
- Friday, September 23 - Homecoming Parade @ 1:30 and game @ 7:00 pm
- Friday, September 30 - Trojan Buck Store

Homecoming



Our Homecoming Parade is Friday, September 23rd. As part of our Trojan Spirit, we have a float

in the parade. Two students (one boy and one girl) are selected from each classroom to ride on the float. Those students showing good character and trustworthiness are selected to ride. If your child is selected, you will be notified by letter. It would be great if all students were allowed to ride, but we need parade watchers also! So join us on the afternoon of September 23rd to take part in this West Central Trojan tradition! The parade begins at 1:30 p.m.. It will begin by the

HS and march in front of our elementary building.

We also ask all students to wear our school colors that day. We understand if you haven't been able to purchase any "Trojan wear".

Anything blue and white will work. The Athletic Booster Club does sell Trojan gear at home events.



Last year's sea of blue!

Go
Trojans!

Bike Rodeo - Saturday, Aug. 27th



Our Safe Routes to School Bike Rodeo was held Saturday, August 27th. The rodeo served about 80 WC children. The kids received a helmet if needed, learned to maneuver their bikes, watched a safety video, had their bikes inspected for safety, and 10 students won a free bike!



Session 1 winners: Dustin Crowe, Henry Waltner, Olivia Gates, Gavin Gerlach, and Abbey Nielsen. Session 2 winners: Echoe Kjellsen, Morgyn Driscoll, Grace Stone, Chase Olson, and Lauryn Driscoll. Congratulations to the winners and thanks to the volunteers who make this day special for all the kids!



TROJAN READING BOWL

Monday, September 12th - 7:00 pm West Central Football Field



Download forms at:

[http://tylerweb.wikispaces.com/
Trojan+Reading+Bowl](http://tylerweb.wikispaces.com/Trojan+Reading+Bowl)

Watch for the form to
come home with your
child, or download from
the link!



Nurse's Notes by Rachel Sehr, School Nurse

It might seem a little early to start thinking of fevers and sore throats, but with everybody being back indoors for the school year, the prevalence of illness drastically increases. Please remember, the school does not supply any over the counter medicine. If you intend to send medicine to school for your child, a release form must be signed by the parent regardless of whether it is a prescription or an over the counter product. ***This applies to all K-12 students.*** Please also keep in mind, every effort should be made to take medication outside school hours.

Our school medication release form has two options to choose from. The first option is selected when the school will store and distribute the medication to the student and requires a physician's signature if the medication is for an ongoing condition or any prescription. For this option, a parent must also deliver the medication to school. It may not be sent with the student. The second option is chosen if the student is to take their medication on their own. Please keep in mind, this option must be selected if any over the counter medicine is taken as well, including, but not limited to, cough drops, eye drops, Tylenol, ibuprofen, TUMS, vitamins, etc. Also, the student may only have one day's dose in their possession each school day. For example, if they are taking a pill that can be taken every two hours, they may have four pills. If they are taking something that is given every 12 hours, they may only carry one. Release forms can be found at <http://wc nurse.wikispaces.com> under the forms section or can be obtained at any of the school offices.

If a student is found carrying too many doses or the school does not have a signed release form, the medicine will be confiscated and a parent will have to retrieve the medication from the office.

Please refer to our school medication policy or contact the school nurse if you have any questions.

Remember, plenty of rest, exercise, proper nutrition, and good hygiene go a long way in the prevention of most common illnesses!

4th annual Parent Conference coming to Sioux Falls

Tyler Tuesday

PIERRE, S.D. - The Parent Involvement Conference, which is quickly becoming a popular staple for connecting concerned South Dakota parents and educators with key resources available to them, will be held Sept. 30 - Oct. 1 at the Ramkota Inn in Sioux Falls.

This year's conference, centered around the theme, Learning Starts at Home, will include sessions on cyberbullying, technology and customized learning, good nutrition, youth risk behaviors and behavior supports, making connections with math homework, creating a home environment that encourages learning, and common mental health concerns impacting children.

There is no charge to attend the conference, but because meals are provided free of charge to attendees, pre-registration is required. In addition, attendees will also receive free resources, such as books and educational games, to take home and try with their children.

"Parents and families play a pivotal role in their children's educational success," South Dakota Secretary of Education

Melody Schopp said. "This conference provides parents and families with a wealth of information on how they can help their children thrive, and I would encourage all those who are able to take advantage of these valuable resources to do so."

The conference is cosponsored by the South Dakota Parent Information and Resource Network and the South Dakota Department of Education's Title programs. For more information, including a detailed agenda and online registration, visit <http://www.sdpirc.org/content/parents/conference.htm>.

Tyler Tuesday is a chance to have a free meal on your child's birthday month. In exchange, I ask for a few minutes of your time to meet for feedback on our school. We meet at 11:00 am in the conference room and we chat for about 10 minutes. You are then free to go to your child's classroom and go through the lunchroom routine with them.

Please give Pam a call in advance of the monthly date so we can plan appropriately in the kitchen with enough food.

I look forward to meeting with all of you throughout the year!

TYLER TUESDAY
SEPTEMBER 13TH
11:00 AM
FOR AUGUST &
SEPTEMBER BIRTHDAYS!
CALL PAM @ 528-3215 TO REGISTER

Parking and Drop Off

We have several places to drop off students in the morning if they do not take a bus. The front of our building works great (15 minute parking) for stopping and letting your child out.



They will then walk on the sidewalk to the playground. We have a yellow line painted and the children walk on the skinny side! It is to keep them safe and far from the busses that travel through. All students begin the day on the playground until 8:25.

Another option is the back alley drive. The gate is opened in the morning to let kids directly on to the playground.



The third option is the horseshoe driveway on the west of the school by the shuttle busses. There is no parking or drop off allowed on the south side of the building on the u driveway. That is reserved for Early Childhood and Junior Kindergarten school vans.

Always maintain the 15 mph near the school. We have shuttle kids (who leave by 8:10)

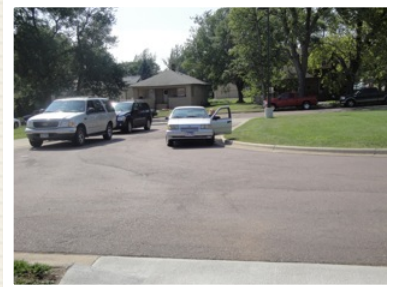
and our own students walking and biking to school. Because of their age, they don't always think first. We have to help them. If you notice a problem area, please let the office know!



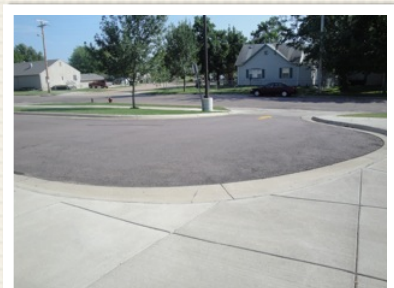
PARKING



ALLEY GATE OPEN UNTIL 8:25 AM



DROP OFF AREA WEST OF THE BUILDING



NO DROPPING OFF OR PICKING UP IN THE U DRIVEWAY TO THE SOUTH OF THE SCHOOL. THIS IS RESERVED FOR SCHOOL VANS ONLY!



Around the Halls

You may see new faces and new things as you walk around this year....



PBIS Rainbow

We have our rainbow in the main hallway that says, "Our Behavior is Golden". Each class begins in the clouds and moves across the rainbow as they follow our PBIS Promises. At the end of the rainbow are a number of choices for the class. They might be able to have a hat day, have an extra recess, have a class kick ball game, or other activities. Stop by the hallway and see how your child's class is doing. Your child's teacher will let you know when they get a special day.



Brittany Henry

Brittany Henry is our new first grade teacher. She is shown here helping a student.

Reflections, by Mrs. Tyler

Summer goes way too fast. I'm still just admiring the garden that I planted with all of the produce just producing when I start back to school full blast on August 1st. I learned how to garden from a good friend of mine about 10 years ago and now gardening is my therapy. I make a lot of salsa, can many jars of beans, plant some decorative corn and pumpkins, and love every minute of it.

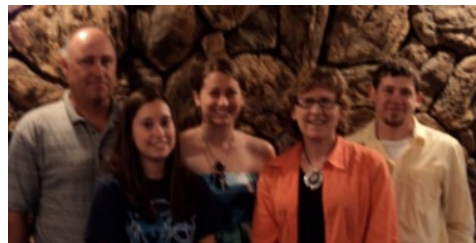
I would say, however, that the weeds tend to take over after August 1st. I still plug away though...weeding when I can find some time, but mainly just harvesting my crop.

It's a lot like kids. We put in so much work up front but it's a continual process. I can't give up on my garden and we can't give up on our kids...even when the weeds crop up. Sometimes we don't see the actual harvest until many years down the road, but we do harvest what we plant. When we use kind words and patience around our



Jeena Metzger

Jeena is our new educational assistant in our Early Childhood classroom.



children, we will see that reflected in how they act. If we're quick to judge, to yell, or to fly off the handle...so will our kids.

I will be the first to say that I was (and am) not a perfect parent. Just ask my kids. But I must have done some things right. This Labor Day weekend they will all be home. I am so looking forward to spending time with my three adult children and their friends. They are good people and are turning into adults that I can call friends. That's the best harvest a gardener can have!

So hang in there parents. The sibling rivalry will eventually change as your kids turn into adults. They will still tease, but it's a good thing.

Love & Logic by Dr. Charles Fay

In my work with kids and teachers over the years, I've witnessed the many benefits of healthy student–teacher relationships. Establishing a connection between your child and his or her teachers is key to success in school and throughout life.

Regardless of a child's scholastic abilities, parents can show him or her how to get along with teachers. Before your kids start school, give them a powerful advantage over other children by teaching them the following practical, easy-to-learn skills:

Tip 1: Smile and say "hello" to your teacher everyday.

Kids who greet their teachers with a smile and a warm "hello" every morning usually have fewer problems with their teachers throughout the day. It is important, however, for parents to help their kids understand it is necessary to not overdo it. Try practicing with your child.

Tip 2: Pay attention to your teacher. While your teacher is talking, look him or her in the eyes, smile, and nod.

Love and Logic parents know that helping their child relate to teachers will increase the child's interest in what is being taught. One parent I know had a daughter who experienced difficulty paying attention in class. After the parent suggested looking at the teacher, smiling, and nodding, she became more engaged in her learning and was better prepared to ask questions about the lessons.

Teachers enjoy working with children who are interested in learning. Students who are attentive and "encourage" their teachers during the lesson have an advantage over those who do not. In addition, these children will be more comfortable approaching a teacher with any concerns they may have.

Tip 3: Raise your hand periodically to ask a question about the lesson.

A child who asks questions shows the teacher he or she is paying attention to the lesson being taught.

Tip 4: Say "please" and "thank you."

It is important for parents to model good manners. At the Love and Logic Institute, we've found that children learn much more from our actions than from our words. What we say in front of our kids is more important than what we say to them. For example, when your child is nearby, you might say to your spouse, "I sure do appreciate all of your help today around the house. Thank you so much."

Kids who use these skills in school will have an advantage over kids who do not. These skills also will carry over to the workforce, which will give children an advantage over others throughout their professional lives.

One student I know suffered from significant learning problems. Many people thought he would not be successful in his professional life. Much to their surprise, however, he went on to have a wonderful career and did better than kids who were much "brighter," because his parents taught and reinforced good relationship skills over and over again.

Don't wait! Start using these Love and Logic techniques and join the thousands of parents who are raising successful, responsible kids.

Counselor's Corner

by Stephanie Slaba, School Counselor

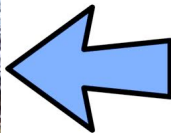


Tips to Help Get Your Kids Moving in the Morning

The first day of school is usually an exciting time. The children can't wait to meet their new teacher, see their old friends and use their new backpack. After a few days however, it doesn't seem quite as exciting to get up early in the morning and out the door! Using the following ideas can help your mornings run more smoothly and help everyone get on their way with smiles.

- Have a bedtime routine that allows for your children to get enough sleep. Kids who are tired will definitely not want to get up in the morning!
- Be consistent with your expectations. Make sure your child knows what you expect. If the morning routine means waking up, getting dressed, making the bed, eating breakfast, brushing teeth, packing lunch & backpack, then make sure your child completes all those duties before letting them play or watch television. Work together by telling them if they can get ready quickly enough, there will be time to read a book together.
- Make breakfast easy. It's the most important meal of the day! Have healthy options in a place where children can get to them. Cereal, instant oatmeal, bagels or toast are all items that most children can prepare themselves.
- Prepare the night before. Have clothing picked out, take baths or showers, make sure all items needed are in the backpack ready to go! Have the kids put their backpacks near the door.

If your child starts complaining that they don't want to come to school, sit down and have a talk about reasons someone should stay home from school (or work if they're an adult). Fever, vomiting, contagious illnesses, accidents, family emergencies or a death in the family are all legitimate reasons not to be in school. There are other times when we might not feel up to 100% of normal, but we can still make it through the day. By following these guidelines, children are learning how to be punctual, dependable and responsible.



Walking Bus Routes

by Mrs. Tyler

I will begin the walking bus routes the week of **September 6th**. I will try to follow the following schedule, but there are times that I have meetings that I can't avoid. If I am not at the stop and the in-town bus comes, please have your kids ride the bus.

Tuesdays - Imagination Station Route - 7:50 pick up

Wednesdays - Emma Circle/South of School Route
7:40 pick up

Fridays - Christ Lutheran Route - 7:30 pick up

School Pictures
Tuesday,
September 13th



FALL 2011 PROGRAMS

HOT TOPICS FOR PARENTS

Hot Topics is a series of presentations on topics of interest to parents and caregivers with children from birth to age five. A one-hour lecture by a certified family life educator is followed by a question and answer session. The presentations are "parent friendly" and utilize an informal, relaxed format. Temperament classes are free (thanks to a grant from the Sioux Empire United Way); other classes are \$10 per family. Classes are located in the Avera Education Center.

Register online at www.AveraMcKennon.org and click "Events Calendar" or call 1-877-AT-AVERA (1-877-282-8372) or in Sioux Falls (605) 322-6877.

GUIDING CHILDREN THROUGH WORDS AND ACTIONS: **POSITIVE DISCIPLINE TECHNIQUES**

As parents and caregivers, our words and actions have a profound effect on our children. This class will explore communication techniques that positively influence children and lay the groundwork for guidance and discipline.

Tuesday, September 20, 2011 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: \$10

IT'S ALL ABOUT TEMPERAMENT: **UNDERSTANDING YOUR CHILD'S TEMPERAMENT**

Every child responds differently to the world. There are no good or bad temperaments, but learning about your child's unique temperament will help you understand his or her approach to life. This class will help you match parenting techniques with your child's temperament.

Tuesday, September 27, 2011 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: Free!

CAN KIDS SURVIVE DIVORCE?

Children experience different types of stress when their parents are separating/divorcing. There are ways to help minimize the negative effects and find resources you will need to help your children deal successfully with this stressful situation.

Tuesday, October 11, 2011 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: \$10

EVERYTHING YOU WANTED TO KNOW ABOUT POTTY TRAINING

Potty training can be one of the most stressful issues of parenting. This class will give you a developmental perspective on potty training as well as offer ideas on methods, equipment and attitudes.

Tuesday, October 18, 2011 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: \$10

IT'S ALL ABOUT TEMPERAMENT: **TAMING THE TEMPER TANTRUMS**

Temper tantrums are a common behavior in early childhood. Learning about your child's temperament will help you understand the reasons behind tantrums as well as effective ways to prevent or cope with this behavior.

Tuesday, November 8, 2011 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: FREE!

OH, THOSE TODDLERS!

Many parents are baffled, frustrated and even shocked by behaviors that occur during toddlerhood. Toddlers have unique developmental characteristics and thinking strategies that influence their behavior. Learning more about your terrific toddler will help you view this exciting stage in a positive light.

Tuesday, November 15, 2011 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: \$10

PARENTING TIPS FOR THE EARLY YEARS

Feedings, play, safety, health: There are so many things to think about when you have a new child in the family. Avera Children's, along with the Sioux Empire United Way are proud to bring you helpful tips and fun ways to help your child's development in these early years of life.

Visit www.AveraChildrens.org to view our fun child development newsletters. Click "Parenting Tips" for information on a variety of topics including safety, nutrition, and discipline.

LET'S TALK PROGRAM

The Let's Talk Program provides information on the changes of puberty for girls ages 10-13 and their parents. Topics include: signs of puberty, body changes, anatomy, health, communication and self esteem.

Register online at www.AveraMcKennon.org and click "Events and Classes" or call 1-877-AT-AVERA (1-877-282-8372) or in Sioux Falls (605) 322-6877.

LET'S TALK FOR GIRLS (TWO SESSIONS)

- **Thursday, October 6 & 13, 2011 • 6:30-8:30 p.m.**
Education Center Classroom 2 • Cost: \$25
- **Thursday, November 3 & 10, 2011 • 6:30-8:30 p.m.**
Education Center Classroom 2 • Cost: \$25

THE TALK FOR GIRLS (TWO SESSIONS)

- **Monday, October 17 & 24, 2011 • 6:30-8:30 p.m.**
Education Center Classroom 2 • Cost: \$25

Are you ready to have THE TALK with your daughter? Middle school-aged girls and their parents are invited to talk frankly about the issues facing young women today. This class will include factual and candid discussions on sexuality with a focus on abstinence. A parent must attend with each girl.

NOTE: This class is DIFFERENT than the regular "Let's Talk for Girls" class.
For more information, call (605) 322-3663.

FALL 2011 PROGRAMS

MORE OPPORTUNITIES AT AVERA MCKENNAN HOSPITAL & UNIVERSITY HEALTH CENTER

CHILDCARE PROFESSIONALS TRAINING DAY

Home and center-based childcare professionals may earn up to three hours of training by attending this Saturday morning event. A variety of classes will be available to choose from. For more information or to receive a registration form, please call (605) 322-3663.

- **Saturday, November 5, 2011 • 8 a.m.–noon**
Education Center • \$7 per session
or \$20 for all three sessions

COOPERATIVE PARENTING AND DIVORCE

This unique, new program is designed to assist parents in minimizing the harmful effects of divorce on their children. By learning helpful skills, parents can help their children deal successfully with this stressful situation. The focus of this course is on the children, not on the divorcing partners. You may come with or without your co-parent. Participants meet weekly for two, four-week modules. Call (605) 322-3662 for details, dates and cost.

SUPER SITTER BABYSITTING CLASSES

The basics of babysitting are taught in this one day class for boys and girls ages 10–13. Child development, basic safety and first aid, nutrition, homemade toys and games and diapering are some of the topics covered. The class is offered summers, during the December holiday break and several weekends throughout the year.

Register online at www.AveraMcKenna.org and click "Events and Classes" or call 1-877-AT-AVERA (1-877-282-8372) or in Sioux Falls (605) 322-6877.

- **Wednesday, December 28, 2011 • 9 a.m.–3 p.m.**
Education Center Classroom 2 • Cost: \$30
- **Thursday, December 29, 2011 • 9 a.m.–3 p.m.**
Education Center Classroom 2 • Cost: \$30

Registration for December classes opens October 1, 2011.



PLAY THERAPY

Avera Behavioral Health Outpatient Center offers innovative, therapeutic services for children. Play Therapy addresses emotional and behavioral issues for those who have difficulty verbalizing problems, conflicts and struggles—seen most often with young children. Play Therapy is a form of counseling (or psychotherapy) by which licensed mental health professionals use play-based models and techniques to better communicate with and help clients, especially children, achieve optimal mental health.

Play Therapy addresses many issues in children's mental health including depression, anxiety, trauma and abuse, ADHD, opposition and aggression. It also helps with regard to adjustment to life stressors and changes such as coping with chronic medical illness, divorce, death of a loved one, adapting to new siblings or school and daycare transitions. The nature of the Play Therapy process is adaptive so that it can be tailored to the needs of each child.

This service is provided by a clinician with specific training, education and credentials in Play Therapy. For more information, contact Laura A. Schuldt Ed.S., LPC-MH, NCC, QMHP, Registered Play Therapist Supervisor (RPT-S) ACS Outpatient Therapist at (605) 322-4079.

SAVE THE DATE!
The 25th Annual
Burn Education
Puppet Shows
for Preschool Age Children

October 3–6, 2001
9:30 a.m.
Washington Pavilion

This free, fun and educational program is designed for children ages 3–5. Registration opens September 12, 2011 and is required.

FOR MORE INFORMATION, CALL (605) 322-3662.

Help Us Save!

Check out the following ways to help us out!



Box Tops for Education

Just clip, put in a baggie and return to school!
There is also a drop box at Sunshine.



Save Five for Schools

Just wash these milk and juice lids and send to school in a baggie (or Sunshine). Watch for store specials! We need the **WHOLE** lid!



Labels for Education

This is not just Campbell's Soup Labels anymore! There are many products that qualify. Check it out at labelsforeducation.com. You can send labels to school with your child or drop in box @ Sunshine.

Cell Phones/Ink Cartridges

You can drop off old cell phones or ink cartridges and we can recycle and get money back. There is a box inside our front door.



Junior
Achievement®
of South Dakota



JA West Central Bowl-a-Thon

Friday, October 28, 2011
Shift: 5:00-7:00 p.m. at Ten Pin Alley

*Empowering young people
to own their economic success.*

If you're interested in getting a team together for our Junior Achievement, please contact Dianna Tyler @ 528-3215. Thanks!